

ELLINGTON TOWN CRIER

A SENIOR CENTER NEWSLETTER

Erin R. Graziani, Director
Noreen Staiger, Assistant
MaryAnne Mandell, Receptionist
Van Drivers: Jeanne Magurany
Clay Farnham and Paul Sawyer

TELEPHONE
870-3133

JULY
2006

Ellington Senior Center
16 Church Street
Monday: 8:30 am to 6:00 pm
Tues-Thurs: 8:30 am to 4:00 pm
Friday: 8:30 am to 1:30 pm

Greetings from the Director—

Our Garden Thyme area looks just so beautiful! Thank you to all who work to keep it this way. We have received a new grill that was given to us most graciously by an anonymous donator. We thank this person so very much!

TRIAD “Get Your Scoop of Safety” was a spectacular Sunday last month at the Senior Center. We thank Doris Crayton and Anna Turner for bringing TRIAD into our community. We acknowledge all the committee members and contributors for helping!

Blessings to All
Sincerely,
Erin R. Graziani



OUT TO LUNCH:

**Due to the Fourth of July
Holiday there will be no
out to lunch this month.**

AUGUST

Date: August 1
Time: Noon
Place: Somers Plaza
Restaurant

To Access the Town Crier
News & Calendar on the
Town's website:

www.ellington-ct.gov

- click “Our Town News”
- select “newsletter”
- select “Senior Center”

MEMORIES & CREATIVE WRITING

**“As time Goes Bye”
Memories Booklet Volume II**

**Now on Sale at the Senior Center
Donation \$5.00**

Join us on the 3rd Monday evening at
6:30 p.m. at the Senior Center

Next Date: July 17

VAN NEWS: Please sign-up for transportation with the Receptionist, if you wish to take the van. **To reserve a ride, please call (870-3133) at least 3 full business days in advance. We can not honor requests for rides left on the answering machine.** First time riders, must fill out “Intake” form prior to your ride.



Ellington Medical Transportation Services (EMATS)

Transportation services for non-emergency medical appointments for Ellington residents. For reservations call Senior Center Director, Erin Graziani at 870-3133 **at least 3 weeks in advance. Program is funded in part by the Older Americans Act through the North Central Area Agency on Aging.**

Musical Insights

Programs take place on the
**second & fourth Monday at
6:00 p.m.**

**Transportation available by
calling the Senior Center at
least 3 days in advance.**

July 10: Patriotic Program—
this evenings event will feature
representatives honoring
Memorial Day, Flag Day and
Veteran's Day.

**Look for our
coming attractions
in next month's newsletter**

HEALTH & WELLNESS NEWS**Blood Pressure Clinics and Diabetic Screening:**

Blood pressures **2nd & 4th Tuesday** from
1:30-3:00 p.m. Diabetic Screenings

HOME & COMMUNITY HEALTH CARE, INC.

Join us at the Senior Center for a series of health presentations from **1:30 to 2:30 p.m.**

Aug. 23: COPD, Emphysema, Asthma ***Sign-up at the Senior Center, if you plan to attend. Thank you**

"New For You" Exercise class every Monday from **9:00 to 10:00 a.m.** Classes \$3.00 for residents; \$4.00 for non-residents. Instructor: Alcyone Brennan

Tai Chi Sword, 24 and Fan: Every Monday beginning with Sword at 10:45 a.m., followed by 24 and Fan at 11:30 a.m. Cost: \$3.00 for residents; \$4.00 for non-residents. Ed Evans, Instructor.

**Dancing:**

Line Dancing: Every Monday @ 1:00– 2:30 pm with Dot Willis



All other dance classes; Ballroom, Oberek and Polka to resume in September.

*Look for our "Social Dancing" Time coming on Fridays this Fall.

BETTER AGE CLUB

August 10: Picnic at the Senior Center is the Garden Thyme area. Please bring a lunch, drink and lawn chair. 2nd Vice-President and Corresponding Secretary will bring watermelon.

Rain date is the next day (8/11)

The Better Age Singers—

The Singers will take a hiatus and return in September.

Anyone interested joining this group, call the Senior Center at 870-3133 for details.

CANASTA "King's Row"

Join volunteer, Barbara Donahue on the **1st and 3rd Thursday** of each month at **1:00 p.m. at the Senior Center** in the Billiards Room. **Newcomers always welcome!!**

VETERAN'S NEWS:

The American Legion Auxiliary members bring lap robes (size 40x80) to the V. A. Hospital.

Anyone who would like to make a robe for the Vets, please contact Erin at the Senior Center. (870-3133)

Veteran Contacts:

- VFW– **Jim Stemmerman, Commander @ 872-3446** or Services Officer **Morris Webber @ 875-2613**
- American Legion– **Leonard Johnson Services Officer @ 871-1498**
- Veteran's Affairs-State Representative **Ted C. Graziani @ 240-8531**



* **GARDEN THYME** *
* Master Gardener, Nancy Long *
* and volunteers are doing a *
* magnificent job !! How beautiful!! *
* We thank everyone... *

**MOVIES OR MALL
Tuesday, July 11**

The van goes to the Buckland Mall
or to the Redstone Cinemas.

Classic film : The Entertainer
Sir Laurence Olivier & Brenda Debanzie
Show time is 1:00p.m.

Cost is \$1.00 for admission, popcorn
and soda.

**Please reserve your ride on the van
one week ahead.**

**THE BOOK CLUB**

Date: Tuesday, July 18

Time: 11:00 a.m.

Place: Senior Center

Discussion: The Wedding by Nicholas Sparks

Van transportation is available by calling the senior center one week prior to the meeting date.

CARDS AND GAMES

The Bridge Players: Tuesdays @ 9:15 a.m.; see Pat Szemplinski or Rosemary Malatesta.

Evening Cards: **Setback:** Tuesdays & Saturdays at 7:00

Pinochle: Every Friday at 5:30 See Bob Karlowicz.

Games Night: The 1st Monday of every month @6pm; see Joan Randall.

Mahjongg: Come join in the fun! Every **Monday @ 1pm** and every **Friday @ 10:00 a.m.**, see Sylvia Kravitz.

**THE CRAFTY CORNER**

Rose Parent's Sew & So: 1st and 3rd Thursday @ 9:30 a.m.

Carolyn's Crafts: 2nd & 4th Thursday @ 10:00 am

Denise Dupell's Knitting: Every Wednesday @ 2:00 pm

Lucille's Knitting: 2nd, 3rd, 4th Tues. @ 2:00 p.m.

AARP Driver's Safety Program

The next class to be held in September is now being formed. If you would like to attend, please call the **Senior Center at 870-3133 to register.**

Dates to be determined

“VOLUNTEERS”

Meeting at the Senior Center

Tuesday, September 12, 2006
2:00 p.m.

ELDERLY OUTREACH SERVICES:

Contact Anna L. Turner, @ 870-3131 for Information on programs and services for residents age 60 and older.

Programs at the Senior Center

“Celebrate Aging” Christine Kaminski from the UCONN Health Center will give info. on how to sign-up for the new “Celebrate Aging” program and get health information through the mail. She will detail other senior health programs available through UCONN. Program held at the

Senior Center on Tuesday, Sept. 19 @ 1:30
Please call the Senior Center @ 870-3133 to register and if you need transportation .

“Using A Reverse Annuity Mortgage to Finance Long Term Care Needs” a representative from the Connecticut Housing Finance Authority will give information on Reverse Annuity Mortgages as an option for funding your future long term care needs. Program held at the

Senior Center on Thursday, Sept. 28 @ 10:30 a.m.
Please call the Senior Center @ 870-3133 to register or if you need transportation.

PLEASE REFER TO THE INSERT**“TRIPS SPECTACULAR”**

for details

All trips are open to the public
regardless of age